

# Suicide is not a pretty sight

The national press has largely overlooked the story of a public official in Pennsylvania who stuck a .357 Magnum into his mouth and pulled the trigger at a press conference in front of two dozen reporters.

Few respectable television stations or newspapers ran the images of the man killing himself — in spite of the fact that they obviously had them because they showed him up to the moment that he put the gun into his mouth and then afterwards being carried away on a stretcher.

The stories were subdued and somber — yet this man promised one of his friends in the media, "The story of the century."

Why did the media constrain itself?

Was it because they are sensitive about

## UNIVERSE OPINION

what images might upset the public? Was it because they respected the feelings of the remaining family members and wanted to go easy on them?

Or was it because the man was a convicted criminal (found guilty of misusing public funds and scheduled to be sentenced in a few days) and they felt there was no real story in a man selfishly killing himself publicly to avoid going to prison.

And the answer to the above three questions is, "Yes."

Somehow, even though many of today's youth have seen slow-motion, graphic violence in the movie theaters time after time, the press knew that some images are far too real and far too horrifying to show.

Secondly, the media also respected the feelings of the family. There were no shots of hordes of cameramen lurking outside the victim's house. There were no shots of relatives being harassed for interviews. Instead there was a simple statement from the man's son stating their grief.

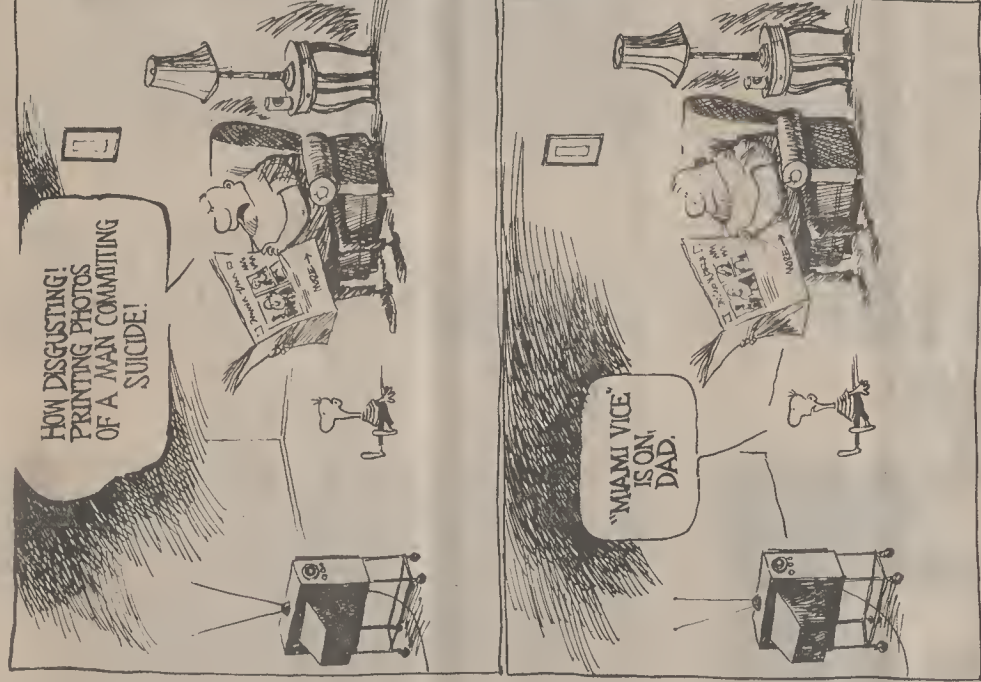
Imagine the living hell a family might endure if their father were forever remembered across the nation with his head being blown open.

Thirdly, the man was a convicted felon. He thought his act would be the story of the century and that public sympathy would cause public officials to grant his request that his wife be nominated as his successor. Instead there has been a public sickness that such a thing should have ever happened. There is nothing uplifting, instructive or moving about the story of a man who found a moment of tragic way to escape his sentence and there are in other stories that remain forever in people's minds.

It is the sort of thing to make people bow their heads and be disgusted at the sickness of a society that could produce such an act — and nobody wants to be reminded of that.

Which is why the media acted as if nothing happened.

The above is the opinion of the Editorial Board of the Daily Universe, which consists of the editor, the editorial page editor, a student staff member, a teacher of opinion writing and the associate publisher; the opinions expressed are not necessarily those of Brigham Young University, its administration, its student body or sponsoring church. The Board meets Thursdays at 1 p.m. in 562 ELWC. The meeting is open to the public.



## LETTERS TO THE EDITOR

### True character

Editor:

In response to Ron Bell's editorial cartoon of Jan. 28, which maligns the true character of state universities, I would like to extend my gratitude to Mr. Bell for his apt portrayal of a prevailing attitude here at BYU.

Mr. Bell's editorial cartoon adequately depicts the self-righteous, narrow-minded, and naive attitude some students display concerning life outside this campus.

As a non-member, I am frequently asked by out-of-state friends about attitudes at BYU. The cartoon will make an excellent conversation piece.

Tamara Lopez-Stroth  
Granada Hills, Calif.

### Court courtesy

Editor:

I am angry and embarrassed, and I need to tell the faculty, staff and student body why.

Recently two friends of mine, faculty members at the university, were playing tennis at the indoor courts on campus. On the next court were two young men who had been playing also. On the sidelines were three others waiting for a fourth player so they could have the court occupied by the twosome playing on the court next to my friends.

According to signs posted, if you do not arrive at the reserved court by 10 minutes after your assigned time, you forfeit the court. At about 15 minutes after the designated time, the fourth player showed up to play.

When the foursome asked for the court, the two players told the foursome they had forfeited their right to use the court. An argument ensued.

This was bad enough, but what happened next was uncalled for and inexcusable.

My two friends, hearing the argument offered their court to the foursome, so they could have some playing time. The foursome said thank-you, and then said (referring to the two stubborn players), "They probably aren't Mormons!!"

I would like these boys to know that my friends, the ones that gave up their court so you could play, are not LDS! Think about it.

Genelle Larsen  
Provo

### Honor code

Editor:

At a home basketball game I invited a friend who does not attend BYU. Because we arrived early we were able to watch both teams as well as the BYU cheerleaders warm up. To my great surprise and embarrassment my friend noticed that one of the male BYU cheerleaders was wearing an earring! My friend could not believe it. I could not believe it, but sure enough there it was as plain as day.

My friend questioned me about males wearing earrings here at BYU. I thought it was prohibited by the honor code, but if so why would he wear one to the basketball game?

To answer my question, as more people filed into the Marriott Center he promptly removed his earring. He obviously knew the honor code, otherwise why would he have removed it? A stud earring can hardly get in the way of cheering.

A quick check to the honor code states "Earrings and excessive jewelry on men are not in compliance with dress and grooming standards."

Imagine what kind of an impression this makes on others about BYU when our honor code says one thing yet a cheerleader who is constantly in the public eye does another. I realize that for males there is nothing wrong with wearing earrings, having long hair and wearing a beard, in fact you can do all three and still hold a temple recommend,

### Amusing headline

Editor:

I hope I am not the only one who was amused by headlines on the front page of the Daily Universe reporting that "Y Students Borrow Less." The truth lies deeper. Parsimonious policies make obtaining financial aid a drawn out, unpleasant process for everyone involved.

For all of the time and effort, students should be awarded 3 hours of GE credit for every semester they are required to take financial aid and filling out Form 197R.

Credit goes no farther than the third floor of the ASB for all of the new fun. Few realize that the university is not legally required to withhold church-sponsored loan programs in favor of those sponsored by the government.

Current policy seeks to bring a virtual end to BYU Long Term Loans, preferring instead to pawn everyone off onto the government. (Hurray for increased dependency on federal funds!) The fact that the church was completely willing to continue the program strikes me as especially curious. The decision to cut the whole thing was made here in Provo.

Everybody will manage to get by I hope. A few may not. In the future days of an alumnus, I wonder how enthused I will ever be about putting money back into such a system. It would be a better, more rewarding enterprise to go broke supporting missionaries.

Mark Ellsworth  
Las Vegas, Nev.  
The Daily Universe welcomes reader letters. All letters should not exceed one page, typed, and double-spaced. Name, identification number, hometown and local telephone number must be included. The Daily Universe reserves the right to edit all letters for clarity and length. Dissenting guest opinions may also be submitted for attributed use.

## EDITION

BRIGHAM YOUNG UNIVERSITY

THE DAILY UNIVERSE

FEBRUARY 2, 1987



Photo illustration by Dave Siddoway and Jim Beckwith

# Nutrition: Are Students Aware?

By ANITA PIERCE  
Universe Staff Writer

Students who set their priorities early in life may find themselves facing fewer health problems in the future, according to Garth Fisher, director for BYU's Human Performance Research Center.

"It's hard to tell people (college students) when they are healthy that something could happen later," said Fisher. "There is a need for a healthful lifestyle," meaning nutrition and exercise combined. "One of the most critical lifestyle changes anyone could make is to make exercise part of his lifestyle."

He added that 10 to 12 percent of the things that go wrong with our bodies can be treated and 50 percent of them are things that are caused by people's lifestyles.

During the Viet Nam War when autopsies were performed on the young men who were killed, 77 percent of the Americans had

already formed atherosclerosis but the other young men from other countries had not, Fisher said.

Some students do think about their future health but don't always seriously act upon it. "I think BYU sells too much junk food on campus," said Katie Donahoo, a sophomore from Malibu Canyon, Calif., majoring in advertising.

The requirements of Fitness For Life enable the student to run a mile and a half and have a skin fold test (checking for body fat) three times during the semester. They also sign a contract initializing an exercise program which the student is required to follow and check off each week with their instructor. There are also five written tests in the testing center that they must pass.

For those who are unable to run, an adaptive class is offered which allows them to better nutrition and exercise, the class Fit For Life is required for students and a program called Why Be Fit is available for the

BYU faculty. Both are sponsored by the BYU Department of Physical Education.

The main priority of Fitness For Life contains two things, to teach correct concepts about strength, flexibility, weight control, and cardiovascular endurance. The other is stress management," said Philip Allsen, director of Fitness For Life.

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For those who are unable to run, an adaptive class is offered which allows them to better nutrition and exercise, the class Fit For Life is required for students and a program called Why Be Fit is available for the

routine. Others just want to get the class over with.

"I didn't really like it because you were on your own with the exercises and it didn't teach you much to be physically fit. I took it a few years ago so the class may have changed a lot since then," said Kate Michaelis, a senior from Anchorage, Alaska, majoring in math.

"I took the alternative route taking the health and baseball, but my friend who just took it last semester said he felt it was a joke. It wasn't much of a challenge for him. I imagine for those students who are not in really good shape it's more of a challenge," said Alan Christensen, a senior from Santa Rosa, Calif., majoring in psychology.

In response to students' opinions about Fitness For Life Allsen said "Ninety percent of the students are what is known as the silent majority. They do all the things they

Continued on page 2 ...



# NEWS DIGEST

## Israel rejects terrorist group's demand

TEL AVIV, Israel (AP) — Defense Minister Yitzhak Rabin rejected as unthinkable Sunday a terrorist group's demand to release 400 prisoners in exchange for three Americans and an Indian held hostage in Lebanon.

Rabin said on a live call-in show on Israel Army radio that the Jewish state would not act as an "international bank" for terrorists.

He said no request had come from the United States or any other government to free prisoners. He and other officials said Israel would make no deals. Rabin said Israel had to consider first some of its own people held hostage.

The defense minister said of the Lebanese group's demand, "It is simply not possible to think we would agree to it. We would be hard put to see Israel ... as the international bank from which all countries that have hostages in the hands of this or that terror group (would draw)."

On Saturday, a handwritten statement delivered in Beirut in the name of Islamic Jihad Organization for the Liberation of Palestine threatened to kill four Beirut University College teachers kidnapped Jan. 24 if the prisoners were not freed in a week's time.

## Leaders to determine fate of Waite

BEIRUT, Lebanon (AP) — Intensive "hush-hush" negotiations involving Syria, Iran and Lebanese militia leaders have started to determine the fate of missing hostage negotiator Terry Waite and to ensure his safety, a senior militia official said Sunday.

"These hush-hush talks are in high gear," said the official, who spoke on condition of anonymity. "The parties concerned are burning up the (telephone) wires trying to ensure Mr. Waite's safety. Plenty of Syrian and Iranian emissaries are shuttling back and forth."

Waite, personal emissary of Archbishop of Canterbury Robert Runcie, flew to Beirut Jan. 12 on his fifth trip to Lebanon to win freedom for foreign hostages.

The Anglican Church envoy has not been seen publicly since he left the Riviera Hotel in west Beirut on Jan. 20. Various reports have said Waite may have been taken prisoner.

## Iranian middleman linked to drugs

WASHINGTON (AP) — The Iranian middleman in the sale of U.S. arms to Tehran has been accused of having links with drug dealers, working with the shah's secret police and giving Washington dubious intelligence on terrorists, according to knowledgeable sources and a Senate committee report.

As early as 1984, the year before the arms deals began, the CIA circulated a memorandum describing Iranian businessman Manucher Ghorbanifar as a "known fabricator" and "suspect character," said a report issued last week by the Senate Select Committee on Intelligence.

Ghorbanifar's past is murky, dealing in arms and intelligence, and associating with drug smugglers, according to the available information.

## Utahns wanted Mark Hofmann tried

SALT LAKE CITY (AP) — Two of every three Utahns believe documents dealer Mark Hofmann, who confessed to the pipe-bomb slayings of two people, should stand trial for the crimes, a poll shows.

Under a plea bargain agreement with the Salt Lake County Attorney's office, Hofmann, 32, last week was sentenced to a five years to life prison term for the bombing death of Steven Christensen and a one to 15-year term for the murder of Kathleen Sheets.

Sixty-one percent of those surveyed disagreed with the arrangement, while 29 percent supported it and 10 percent were undecided.

## 79-year-old woman receives diploma

CANTON, Texas (AP) — Roma Walling would have been in the Class of '25 had she not dropped out of school to take care of an ailing sister.

Friday, she became a member of the Class of '87 at age 79 to receive her Graduate Equivalency Diploma. Walling said getting her GED was not her original intention, but she got hooked on algebra.

"I don't care if you're 90," she said. "You don't have to sit around idle."

# Priorities needed to prolong healthy existence

... Continued from page 1

are supposed to do. The other ten percent are the protesters. The reason they protest is because they feel inadequate and there is not much production going on."

Other schools, besides BYU, are also concerned about encouraging students to develop a healthful lifestyle, and the schools have implemented new programs.

The chief administrator of the University of Wisconsin—Stevens Point saw the need for a program of wellness in his university and accepted one, putting UW-Stevens Point among the first to test this program.

The recognition of lifestyle choices made by students attending the UW—Stevens Point initiated a wellness program that is now nationwide. "These programs offered are known as wellness programs to help students become enthusiastic about being responsible for changing their attitudes, behaviors and education of wellness," said David Emmerling, executive director of the Wellness Institute, which is connected with the UW-Stevens Point program.

"Students need to make good nutrition and exercise an important priority and start doing it," said Laura Brooks, a registered dietitian at American Fork Hospital.

To make students aware of the importance of good health through nutrition and exercise, six dimensions of life are individually covered in the wellness program.

"These dimensions are each covered by faculty in their field of study so that students can gain the best information available," Emmerling said.

The programs cover social, physical, intellectual, occupational, emotional and spiritual well-being.

"At our pre-term orientation, a lifestyle assessment questionnaire was given to each student. This was their first introduction to the wellness

program," said Emmerling.

"We feel it is important for students to know how much fat, carbohydrates and protein are in the foods they eat," Emmerling said.

He added when the program was started, all sugar in the food served in the dining hall was reduced to one-half cup. No one was told about this.

"Surprisingly enough no one seemed to notice. If they did they didn't say anything," said Emmerling.

Other things were changed as well, such as the more frequent use of whole grains. Salt was also reduced or eliminated. Things were steam-boiled and innovations were tried to get everyone off heavy—fried food.

To get students interested in the programs, signs were posted in the dining hall with a pie chart which showed different colored areas that stood for the amounts of fat or protein etc. in each food.

"We also had programs going in the residence halls by using posted nutritional sayings every week," said Emmerling.

He added that after the pie charts had been up for awhile, representatives of the wellness program went around to some of the students, picked randomly, in the dining hall and asked them what specific color fat or protein, etc. stood for. If the student answered correctly they were given a brand new dollar bill.

"The learning speed was incredible. Surveys were taken in the residence halls of who remembered what some of the nutritional sayings were and quite a few remembered them," Emmerling said.

He said that their principle for wellness was allowing the students to make choices by providing nutritional options of the various entrees.

Brooks said, "Good nutrition comes from eating three meals a day and eating a variety of foods."

She added that adults need two

servings of milk and meat and four servings of breads, fruits and vegetables per day.

Along with the concern for the health of students, the BYU Department of Physical Education decided to teach fellow faculty members the importance of good health also.

Members of the department found a government booklet that presented six tests which, if followed, would help people live longer, healthier lives. "These asked if the person smoked or drank, what her eating habits were, whether she exercised, if she lived with high stress levels and also about her safety consciousness," said Fisher.

He added that Why Be Fit zeros in on the last four, since there is not much of a problem with the first two here on campus.

"We try to emphasize the importance of these areas and help make faculty aware of their blood cholesterol level and their stress level. We also test for fatness and fitness," Fisher said.

Along with the concern of fatty foods and fitness, people are concerned with themselves being able to eat properly on a strict budget.

"Even on the strictest budget, people can still get fruits and vegetables. The biggest thing is to plan your meals and shop accordingly," Brooks said.

She added that doing this can develop into a good eating habit.

It has been estimated that two pounds of sugar are consumed per person per week in affluent nations.

"Sweets are ok to have occasionally, but not when they are substituted for a meal," said Brooks.

Meats generally consist of 40 percent protein and fat with 60 percent water. But these percentages depend on the kind of meat eaten, since some has more fat than others.

"Milk is high in calcium, a mineral important to our bodies," said Ver-

Thomas Farrell.

USX also has steel or iron ore plants covered by the pact in Minnesota and Michigan.

Approximately 22,000 union members walked off the job Aug. 1 when their previous contract, another concessions package settled in 1983, expired with negotiations deadlocked.

About 5,000 laid-off workers also were eligible to vote on the new steel workers' contract.

The two sides were unable to agree on wage and work-rule concessions, reduction in health benefits and subcontracting certain jobs to non-union workers.

The union called the job action a lockout after the company refused to extend negotiations and shut down its plants.

Of nine states affected, only Utah and Illinois ruled the job action a strike and denied unemployment benefits to the idled workers.

The shutdown surpassed the previous record, a 116-day strike in 1959 in which 500,000 union members paralyzed the U.S. steel industry.

The union claimed victory with job security terms it said would sharply curtail the company's use of non-union contractors.

McGeehan said a company document obtained by the USW estimated the provisions would restore 2,000 to 4,000 union jobs over an unspecified period.

That estimate appears reasonable, based on similar clauses negotiated with the five other major steel producers, he said.

USX, in turn, won approval to cut 1,800 jobs by shrinking work crews and redefining work rules.

It also trimmed its total labor costs, which had been \$25.80 per hour under the old agreement. The average hourly wage, not including fringe benefits, will decline from \$12.28 to \$10.95, the union said.

nita Nuttall, education director at American Fork Hospital.

Another needed nutrient is water. Most adults drink about two quarts a day, but it is usually through other beverages.

Another important part of staying healthy is exercise. "Exercise is an important part of nutrition because it aids in digestion and helps to prevent a lot of sickness," said Gale Smith, a health instructor at Ricks College.

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# Steel employees ratify new pact with USX Corp.

PITTSBURGH (AP) — United Steelworkers members, ending a six-month work stoppage at USX Corp. plants, begin returning to work Monday under a newly ratified contract that swaps pay concessions for job security.

After a day of counting ballots, union officials announced late Saturday that their members had ratified the four-year contract by a vote of 19,621 to 4,045.

The industry's longest work stoppage ended on its 184th day.

"We're pleased that our employees have ratified the contract," said David Roderick, chairman of the nation's largest steelmaker. "Now we can get about the business of supplying the customers."

But owing to poor business conditions that forced USX, formerly U.S. Steel, and five major competitors before it to negotiate labor concessions, work at 25 USX plants in nine states will resume only as orders warrant.

Production at the Fairfield Works near Birmingham, Ala., was to resume in late February or early March, he said.

Insufficient orders would delay the restart of the Geneva plant at Orem, Utah, and a factory at Baytown, Texas.

"All the schedules are tentative because the order situation out there is a little bit sparse," Farrell said Saturday night.

"It will not be an immediate recall of all the people," said James McGeehan, chief union negotiator.

Workers were to be called for orientation briefings Monday and production would resume within several weeks at the company's biggest operations, the Gary Works in Indiana, the Mon Valley Works near Pittsburgh, the Fairless Hills Works near Philadelphia, the Lorain Works in Ohio, and the South Works at Chicago, said USX spokesman

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## Inspirational thought of the day:

"Choose you this day whom ye will serve; ... but as for me and my house, we will serve the Lord."

—Joshua 24:15





Universe file photo  
Jogging is one well-known exercise that helps people maintain their weight loss.

## Maintaining weight loss big challenge for dieters

By RACHEL C. MURDOCK  
Senior Reporter

For some people, the biggest challenge of weight loss comes after the weight is gone.

Keeping lost weight off is not an easily solved problem, but can be done just like losing weight can be done.

"Exercise and dietary intervention are what you need, regardless of whether you're gaining, losing or maintaining weight," said Phil Allsen, BYU professor of physical education.

In exercise, there are three factors to be considered, said Allsen. They are frequency, duration and intensity of the exercise.

"Frequency should be three or more times a week," he said. "Duration should be 30 minutes or more of continuous, large muscle activity." Continuous exercise is the key, said Allsen. Golf or bowling would not qualify.

"Intensity would mean an activity which brought you to 70 to 80 percent of your maximum heartbeat. Maximum heartbeat is figured by subtracting your age from 220."

Therefore, a 20-year-old would have a maximum heartbeat of 200. Exercise of the proper intensity would bring ones heartrate to within 70 or 80 percent of 200, or 140 to 160.

Therefore, Allsen said, it wouldn't make any difference if a person chose swimming, racketball, jogging or any other form of exercise. "If the duration, frequency and intensity are the same, the results are the same," he said.

All exercise should be aerobic,

## College gets new chair

Bruce N. Smith, dean of the College of Biology and Agriculture at Brigham Young University, has announced the establishment of the Bart Cardon Chair of Applied Animal Nutrition.

Cardon, former Speaker of the House in Arizona, is a prominent chemist and nutritionist who has applied his research to the development of many new feed and additives for agricultural animals.

Smith says the college is arranging funding for the chair, which will provide the development of an animal

science program in applied nutrition. Cardon has served as dean of the College of Agriculture at the University of Arizona and as a consultant in agriculture to leaders in several countries. He is an agriculture advisor to the president of Ecuador.

Now retired, Cardon will spend about one-third of his time on special assignments from Arizona's governor and from the president of the University of Arizona.

Cardon received his bachelor's and master's degree from the University of Arizona.

## Extra fruit in diet may reduce strokes

BOSTON (AP) — There may be some truth to this old adage that an apple a day keeps the doctor away, according to a new study of the diets of stroke victims.

Fruits and vegetables are a good source of potassium, and the research team at the University of California-San Diego suggests an extra serving daily may provide enough potassium to significantly reduce the odds of strokes.



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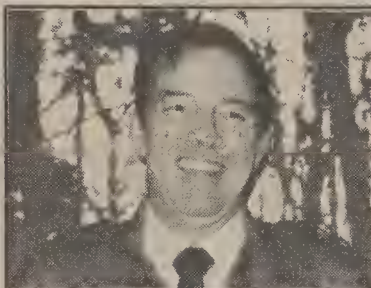
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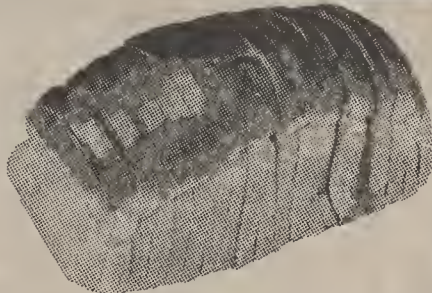


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# SPORTS

## Cougars share top WAC spot; split games with AFA, Colo. St.

By RAND WALTON  
Asst. Sports Editor

After a weekend in Colorado, the BYU men's basketball team knows what it is like to be on the winning and losing end of a 2-point margin.

Saturday, the Cougars held on to part of the Western Athletic Conference lead, sharing it with Wyoming, by defeating Colorado State 51-49.

However, on Friday night, the Cougars finished on the short end of a 2-point margin losing to Air Force 93-91. The loss knocked BYU out of sole possession of first place in the WAC.

"Every team is up for us since we are leading the conference," said BYU Coach Ladell Andersen.

In Fort Collins Saturday, the Rams ran a "slowdown" game similar to the style Notre Dame used to beat the Cougars earlier in the season. Once again the Cougars had troubles dealing with this game plan.

The Rams placed four players around the three-point line who passed the ball among themselves hoping to pull the Cougars out of its 2-3 zone defense.

However, the Cougars were not lured out of position.

The Cougars' patience paid off as the defense forced the Rams to turn the ball over several times in the second half.

With the Cougar defense causing the Rams numerous problems, BYU's Michael Smith and Bob Capener supplied enough offense to

tie the game at 49-49.

With under a minute to play, BYU's Brian Taylor threw an errant behind-the-back pass forcing Jeff Chatman to scramble for the loose ball. Chatman then dished the ball to Smith who buried a 15-foot jump shot with seven seconds remaining in the game.

CSU's Anthony Lee's last-second shot was off the mark and the Cougars walked away with the victory and half of the WAC lead.

In Colorado Springs Friday, Air Force shot down the conference-leading Cougars. It was BYU's first loss on the Falcon's home court.

"We got into a shooting match with them and they won," said Andersen. "They are the best Air Force team I've seen since I've been at BYU."

The Cougars never got a break against the sharpshooting Falcons. Air Force, which averages 47.8 percent field goal percentage, shot 60 percent from the floor to offset any rally the Cougar offense attempted.

Air Force freshman Raymond Dudley showed he can handle college competition by leading the Falcons with 25 points. Dudley scored 21 of his 25 points in the second half.

With six games left in WAC competition — three games at home, three on the road — Andersen feels his team will have to battle to win the WAC.

"We've only lost three games in the last month, so I hope we can sustain it."



BYU forward Michael Smith, shown here against San Diego State, lifted the Cougars over Colorado State with the game winning bucket with seven seconds left in the second half.

## Lady cougs even HCAC record

By DAWN LARSEN  
Universe Sports Writer

BYU's women's basketball team evened its conference record with its first HCAC win Saturday, coasting to a 70-56 victory over the New Mexico Lobos.

The Cougars were able to build their lead when they reeled off 10 unanswered points on three separate occasions during the game.

With the game tied at nine points early in the first half the Cougars scored 10 to give them a 19-9 lead. Then when the Lobos pulled within three baskets, sophomore Fran Wynn came off the bench to score 10 more straight points.

Leading 43-33 early in the second half, the Cougars had another 10 point burst that put BYU on top by 20.

BYU's 6-7 center Tresa Spaulding, despite playing only six minutes in the first half due to early foul trouble, led all scorers with 23 points. Tracy Satran paced UNM with 17.

Aside from Spaulding, three other BYU players scored

in the double figures: Wynn had 11 points and Stephanie Dorman and Cathy Nixon netted 10 each for the Cougars.

"It was a good team effort tonight," said Cougar coach Courtney Leishman. "We got good scoring off the bench from Fran Wynn and Stephanie Dorman."

"I'm pleased with the total play over the weekend," said Leishman.

He also added they played good defense, holding the Lobos to a field goal percentage of 33.

Sophomore guard Karina Zapata had nine assists and Nixon pulled down eight rebounds for BYU.

This win gives BYU a 1-1 conference record and a 10-8 overall record.

The Cougars travel to Logan on Tuesday to take on Utah State. Earlier this season the Cougars beat the Aggies in the Copper Classic and Leishman anticipates they will do well against their opponents Tuesday.

BYU will host the University of Utah on Saturday in their first home league game of the season.

## BYU's netters court home victories

BYU's men's and women's tennis teams were in action this weekend in Provo. While the women were hosting the universities of Arizona, Southern Methodist and South Alabama in the BYU-Stoker Round Robin Invitational Tournament, the men hosted the Rainbows of the University of Hawaii.

By sweeping South Alabama 9-0 Saturday the women netters clinched the team championship and won their own tournament. In the three-day event the Cougars compiled 20 match points followed by Arizona's 17,

SMU's 14, and So. Alabama's 3.

BYU senior Jennifer Stoker, who was honored this week along with her parents for their service and devotion to the BYU women's tennis program over the past four years, won the final singles match of the day beating So. Alabama's Patti Goodman 6-3, 6-2, giving the Cougars a sweep in singles to nail down the tournament title.

BYU coach Ann Valentine was pleased with the way the tournament finished up. "We had a slow start Thursday, but we've gotten stronger each day," said Valentine.

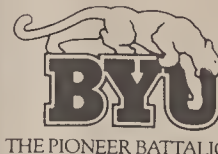
On Saturday evening the men's team took the court and defeated Hawaii 6-3.

After a three-three tie going into doubles play the Cougars finished up with three strong victories to win the match. "I was pleased with the victory and our strong doubles play," said BYU coach Larry Hall.

BYU's Robert Garbell, Lesley Hakala, Susanna Lee, and Michelle Taylor will participate in the 1987 Rolex National Indoor Intercollegiate Tennis Championships in Richmond, Va. on February 5-8.

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Weds. Feb. 11 - 11:00 a.m. ....Room 106 SWKT

### PREPARING FOR EXAMS

Thurs. Feb. 12 - 9:00 a.m. ....Room 106 SWKT

### TAKING OBJECTIVE TESTS

Thurs. Feb. 12 - 11:00 a.m. ....Room 106 SWKT

### WRITING ESSAY EXAMS



# Wrestlers 2nd at tourney despite injuries

By MARK POULOS  
Universe Staff Writer

Despite participating in Logan's 16-team dual tournament without three starters, the inspired Cougar wrestling team finished second only to the defending WAC champion, the University of Wyoming.

Minus injured wrestlers, Zane Jones (126), Brian Ransom (134) and second-ranked heavyweight Jim Nielsen, all seven of BYU's remaining starters took up the slack and placed high in the tournament finals.

The Cowboys won the Mountain Intercollegiate Wrestling Association tournament held at Utah State University, with 111.5 points. BYU ended with a score of 109.25 and Utah State's 100.5 was good enough for a third-place finish.

Cougar Coach Alan Albright was surprised and pleased with his team's performance. "We went into Logan thinking that we had no chance of winning the championship...to end up losing by only two and a quarter points against Wyoming is a real tribute to the kids' efforts."

Three Cougar grapplers, Chris Brown (118), John Kohls (167) — who defeated Wyoming's defending WAC champion 13-2 — and Craig Bogard (177), won individual honors with 4-0

records in their divisions. Jon Evans (142) took second, Dean Mitchell (158) placed third and Mark Willis (190) and Jeff Tripp (150) took fourth and fifth, respectively.

Albright was particularly happy with Bogard's comeback performance.

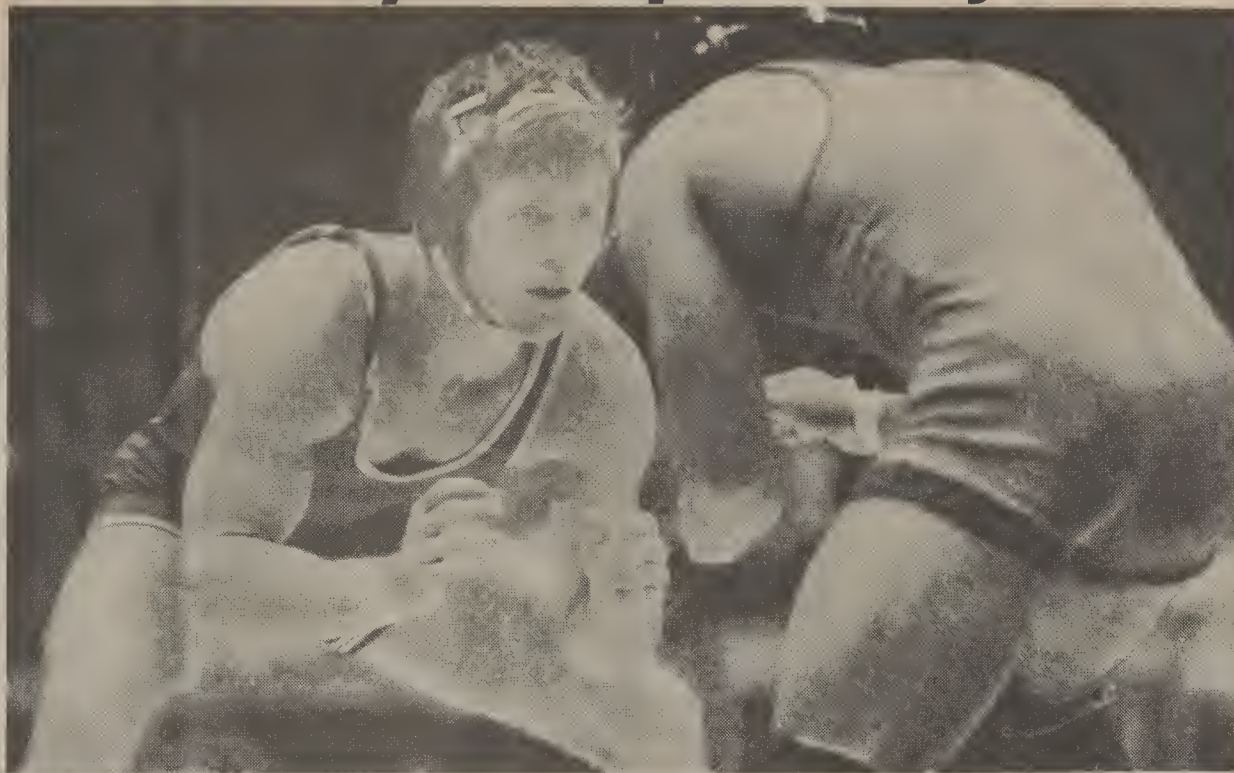
"Two weeks ago Bogard was beaten off the starting team and fought back to win his position last week. He wrestled real tough during practice and ended up winning his weight in the tournament," Albright added.

Albright acknowledged that the absence of Nielsen and the other starters hurt the team.

"Having Nielsen in there would have given us at least 18 more points," said Albright. "He pinned the guy that won heavyweight in an earlier meet."

As of Sunday, Albright was unsure of the future playing status of Jones and Ransom. However, he feels Nielsen will be ready to compete again Thursday when the Cougars travel to Oregon University to face the Ducks.

Brown, who is ranked nationally with a 26-1-1 record, will compete in the East-West All-Star Classic today against top-ranked Al Palacio of North Carolina in Edinboro, Pa.



BYU's 118-pound wrestler, Chris Brown, went 4-0 this weekend in the MIWA tournament in Logan. Brown will face the nation's No. 1 wrestler today in the East-West All-Star Classic.

Universe photo by Dave Siddoway

# Denver's Elway leads AFC victory in NFL Pro Bowl; two former Cougars play key roles in game

HONOLULU (AP) — John Elway threw for the game's only touchdown, and Denver Broncos teammate Karl Mecklenburg spearheaded a smothering defense to lead the AFC to a 10-6 victory over the NFC in Sunday's Pro Bowl football game.

Elway, who threw for 304 yards in the Broncos' 39-20 Super Bowl loss to the New York Giants the previous Sunday, put the AFC ahead to stay with a 10-yard touchdown pass to Todd Christensen of the LA Raiders on the final play of the first quarter.

That touchdown — and a 26-yard field goal by New England's Tony Franklin just before halftime — were set up when the NFC's return specialist, rookie Vai Sikahema of St. Louis, fumbled the ball away on punt returns.

The victory halted, at least temporarily, the NFC's domination of the AFC in recent postseason

play. The National Conference had won five of the last seven NFL all-star games and five of the last six Super Bowls, the last three by wide margins.

The AFC reduced the NFC's lead in the Pro Bowl series to 10-7.

Seattle's Freddie Young recovered the first fumble by Sikahema, who had turned the ball over just twice during the regular season, at the AFC 17 to set up the touchdown.

Miami rookie linebacker John Offerdahl fell on the second Sikahema fumble at the AFC 44, setting up Franklin's field goal and a 10-0 lead.

The NFC was limited to a field goal of 38 yards by Morten Andersen in the third quarter and a 19-yarder by the New Orleans kicker in the opening seconds of the final period.

Defensive end Reggie White of Philadelphia was

a standout for the NFC, logging a Pro Bowl record-tying four sacks. Although on the losing team, he was voted the game's most valuable player.

The AFC came through with a couple of late goal line stands to make the 10 points stand up.

Safety Lloyd Burruss of Kansas City ended the final NFC scoring threat when he intercepted a pass by Washington's Jay Schroeder in the AFC end zone with 8:05 remaining in the game.

Earlier in the quarter, the NFC was forced to settle for a field goal after having first-and-goal at the AFC 7-yard line.

In the defense-dominated game, Elway completed five of 11 passes for 66 yards. Cincinnati's Boomer Esiason, the AFC backup quarterback, was the game's leading passer with five completions in 12 attempts for 105 yards.

# Cougar tracksters dominate first meet



Universe photo by Dave Stohltun  
BYU hammer thrower Mikko Valimaki prepares to release in Saturday's meet.

The BYU track team scored at the top to win their first indoor meet of the season at the BYU Invitational on Saturday. Five Utah schools participated in the meet, including the Cougars who had some excellent performances.

In the women's division, overall, the Cougars placed first ahead of the field with 53 points.

In the individual events, shot putter Sara Balenger easily won her event by throwing the shot for a distance of 48 feet, 1/4 inches. Also, Cougar hurdler Laura Zaugg finished first in the 55-meter hurdles with a time of 8.33 seconds. In the 55-meter dash, BYU's Kelly Delph sprinted across the finish line to edge out Weber State's Ronda Green. Delph's winning time was 7.26.

In the distance events, Cougar runner Lisa Burgoyne had no problem winning the 1,500 meters against a line of Weber State Wildcats. Burgoyne's time was 4:47.04. In the 3,000 meters, distance

## Spikers feel frustration after loss to Manitoba

By LISA WILLARDSON  
Universe Sports Writer

Feelings of frustration were the words the BYU men's volleyball coaches used to describe the loss against the University of Manitoba played in the Smith Fieldhouse Friday night.

The Cougars lost to the No. 1 team in Canada 15-10, 12-15, 15-17, 9-15.

"Our passing wasn't very good, we were out played," said BYU Coach Tom Peterson.

"BYU is a better team than they played tonight. I think they can pass a lot better," said Manitoba coach Garth Pischke.

BYU faced Manitoba again for a rematch on Saturday night at Taylorsville High. BYU changed their line-up and performed better making Manitoba fight for their three out of the five set win.

runners Nicole Keller and Mary Graham brought in a first and second place for BYU with a 10:36.12 (Keller) and a 10:41.93 (Graham).

Trailing the Cougars for second place was Weber State with 41 points and Southern Utah State College in third with 6 points.

In the men's competition, official team scoring was not tallied; however, BYU distance coach Sberald James was pleased with the results. "We got off to a good start, and had good performances in all areas," said James.

Three BYU tracksters who showed outstanding performances were: Malcomb Hunsaker, first place in the pole vault; Ken Waterhouse, who won the 1000-meter run; and Larry Smithee, who won the 3000-meter race.

This weekend the Cougars travel to Pocatello, Idaho for the Mountain States Classic on February 6 and 7.

## Spikers feel frustration after loss to Manitoba

Soren Pederson had the highest hitting average on the BYU team that night.

Pischke was very happy with the way his team played. "I thought our defense played great."

"I would really like to see BYU in the NCAA, they are a great team. Much of the credit should go to BYU coach Tom Peterson, he's one of the best in the U.S. and it is too bad he can't be recognized," commented Pischke.

This year BYU has beat the nation's top four teams and according to the BYU coaches they feel frustrated and burnt out. "Last semester we were hungry for recognition, the fans and people came through. It was great. But now we're not hungry anymore, we've beat the top teams and what else is there to do. What else do we have to prove when there is no goal or NCAA in sight?," added Assistant Coach Mike Apo.

# Swimmers take third at Rebel Classic

By HANS WILD  
Universe Sports Writer

Over the weekend, the BYU men's swim team finished third at the Rebel Classic in Las Vegas, behind the University of Arizona and UC Santa Barbara.

Considering the excellent competition, the Cougars are very pleased with their performance. "It was an excellent showing by the team," Coach Tim Powers said.

Senior standout David Lim won the 100-meter backstroke over an im-

pressive field of top backstrokers. Lim, who has a world ranking in the backstroke, hopes to win the WAC championship this year and eventually hopes to represent Singapore in the 1988 Olympics in Seoul.

Another great performance was given by the men's 400-meter freestyle relay team winning with a time of 3:06, their fastest time to date. "Kurt Dickson swam the anchor leg and really pulled it for us," BYU teammate Karl Wild said.

Finishing only 22 points behind UC Santa Barbara, the Cougars missed

Terry Livingston, who is presently in Canada trying out for this summer's Canadian University Games squad. Powers explained that Livingston would have been worth 40 or more extra points in a meet such as this.

There were several pluses for the cougars in attending the Rebel Classic. "This was an opportunity for us to swim at sea level, this is a nonpressure type meet which allowed us to concentrate on individual events, and the championship type format with the trials in the morning and the finals at night helped us prepare for the con-

ference championship format," Powers said.

The men's team, which currently has a dual meet record of 7-2, will be idle until February 6 when they host the Air Force Academy at the Richard's Building pools.

## Notre Dame takes No. 1 N. Carolina

The nation's No. 1 college basketball team, North Carolina, was upset Sunday by unranked Notre Dame.

It was the fifth time in 13 years that the Fighting Irish have defeated the NCAA's No. 1 team at home. Notre Dame's David Rivers scored 14 points in the second half to help the Irish rally from a 16-point deficit to win the game.

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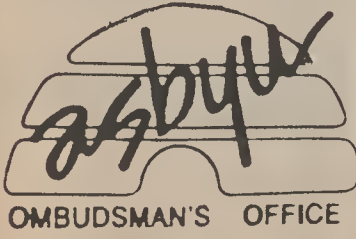
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- 14 Condos
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The oldest & best service Check our benefits. Placement with screened families all over the U.S. Guar. round trip airfare, vacations, insurance, 2 days off/week. Starting wage \$140-200/wk. Call SLC 538-2121 or collect, Heber, Utah, 1-654-2133 (Agency, no fee)

**NANNIES USA**  
★ High paying jobs available. Call us now. Agency fee pd. Family helpers needed in many exciting places. We do the finding for you. We negotiate for top pay & time off—good standards. Must be good with children Call (801) 756-6019 or 756-6262, (American Fork).

**Call us first**  
You'll be glad you did.  
**MOTHER'S HELPERS & GOVERNNESS JOBS**

\$140-250/wk. Free airfare, plenty of time off, vacations, use of car, etc. No fee. In addition to the advertisers in this section, we get 100's of positions referred to us nationwide. LDS interviewers screen the best jobs for you to choose from. HELPERS WEST! negots. terms to your liking, provides orientation & training by former nannies, & follows up to make sure you are treated well.

**HELPERS WEST**  
Call 1-295-3266 (Bountiful)

**NANNIES EAST** has mother's helpers jobs available for qualified LDS young women. Spend a yr. on the East Coast, expenses paid. Families are screened. Call 201-740-0204 or write: Box 625, Livingston, NJ 07033.

**MOTHERS HELPER - HOUSEKEEPER** 2yr old & new born, pvt rm, ref required, NYC area, Call Collect 201-652-4965.

**NANNY/HSKPR** 1yr live-in cont beg 4/15 for new born infant. Send letter & resume to: D. Cortes, 2004 Ridgely Rd, Raleigh, NC 27607.

**MOTHER'S HELPER** for working mother. Westchester County, NY. 40 mi NYC. Children aged 7, 9, 13. Lovely house, woods, own rm, near LDS church. Good driver, it cooking & cleaning. \$130/wk. 914-245-5081 collect.

## 07- Domestic help, Out of State

**LIVE-IN** child care position avail in Boston & CT. Apply now for March/April. 1 yr/or-summer jobs. Excellent families, airfare pd, & many w/car, socials monthly & near LDS church. Spoonful of Sugar, Linda Wiegand, 932 Hopmeadow St Box 906, Simsbury, CT 06070, or 203-651-3088.

**WANTED LOVING AUPAIR** girl to help mom care for 2 yr old triplet boys. Some lgt hswrk also, Chicago suburb. 312-433-2503.

## 08- Help Wanted

**STUDENT RESUME**  
Special rates nationwide service. 224-0690.

**BEST EMPLOYMENT**  
Start at \$9/hr, \$5/hr or \$3.35/hr guar min depending on personal interview. Long distance calling, will train. After 4 weeks experience earnings average \$10.75/hr with commission. Working hrs M-F 5-10pm, Sat 8am-1pm. 226-7828.

**NEED A JOB?**  
HIGH INCOME, flex hrs - create your own wk schedule around school, pvt/full time, will train. Call Mike 374-9757 or John Nock 374-8126.

**SALES**  
Residential contacting \$5/hr Salary + commission. P-time flexible hrs, afternoons & evenings. All materials furn. Call for interview culligan water conditioning 489-9303.

**TAYLOR MAID Beauty Supply Costume Shop** is seeking someone w/ theatrical costume knowledge, designing & sewing exp, F-time, salary depending on Exp. Long term commitment needed. Please Call 226-8522.

**SUMMER SALES**  
Last year our BYU students averaged \$5000 for the summer! Dierbergs-Home Energy Savers, a division of United Services Today, Inc is the fastest growing replacement heating and cooling company in the U.S. We are actively seeking marketing representatives to market our much needed service. We offer a guaranteed base wage plus commission, church historical visit and much more. Call 374-6800 ext 222 for more information.

**NEED IMMED** full-time babysitter in my S Orem home. 2 boys, 8-5pm. Call Lisa 224-2634.

**SECRETARY/RECEPTIONIST** 25-35 hrs/wk. Typing/computer exp needed. Apply in person only. Sierra West Diamonds, 2230 N Univ Parkway, Ste 11A.

**BABYSITTER WANTED** in my home Feb-June. \$3/hr. 5 yr old boy, 3 yr old girl & 7 mos old. Must have own trans. Ref req. No other children please. 225-6737 before 8am & 4pm.

**FULL TIME** general maintenance man. Painting exper. nec. \$5/hr. call for appointment, 375-6719.

**\$2000 + POSSIBLE**  
(FEB THRU MAY)  
PREFER RECENTLY RETURNED MISSIONARIES  
NEEDING SUMMER/FULL TUITION.  
ONLY THOSE WILLING TO WORK LONG HRS & LONG WEEKS NEED APPLY.  
RUNNING SHUTTLES BETWEEN AIRPORT & MARRIOTT HOTELS & GREETING PAS-SANGERS  
IN PALM SPRINGS  
MUST BE ARTICULATE, WELL GROOMED & WELL MANNERED. MUST START IMMEDIATELY  
WILL ASSIST IN ACCOMMODATIONS & TRAVEL  
FOR INTERVIEW CALL 227-4268  
LEAVE NAME & NUMBER  
ON ANSWERING MACHINE.

**ASIA: TRAVEL - STUDY - WORK - 2 MOS.**  
Work time 87-10hr (Taiwan)  
Total Program Costs: \$1295  
Call 373-2206 Day or evening

## 10- Sales Help/Wanted

**MANAGEMENT OPPORTUNITY**  
If you have sold for a summer sales company & want to work in a management position with a top company, making an excellent income, call 379-3794.

## 14- Contracts for Sale

**CONTRACT FOR SALE**, Winter, girls, Ben Dick Arms Condos. Call 373-2259 or 374-6915.

**GIRLS CONTRACTS** for sale. Stratford Court, Devonshire, & Hampstead. 2 bdrm, 2 bath, W/D & gas frplc. Only \$125/mo + utils. Devonshire frplc & micro. Call 377-3336.

**GIRLS CONTRACT WINTER** Free heat, micro, cable; \$135 inclds utils. Call 377-9788.

**LIVE IN COOK!** 1 girls contract \$185/mo + utils. New Condo! 1btk to campus, 888 E. 820 N. #1; Fully furn, W/D, DW, micro, 373-3115.

## 14- Contracts for Sale

**GIRL HOME CLOSE TO CAMPUS** Discount price \$100/mo. 800 N. 15 E. 226-7028.

**MEN'S SINGLE ROOM.** Quiet. Good room-mates. Near BYU. \$150/m inclds utils. 377-8412.

**CARRIAGE COVE** pvt rm Will sell contract for what comes out to \$226. Roger 377-0201.

## 15- Condominiums

**GIRLS DELUX CONDO**, 2 openings, \$125 incld utils & cable TV, micro, ldry fac, 377-1666.

**CHATHAM TOWNE**  
Openings for women- winter or winter/spring/summer, furn units with studies. 956 N 900 E. Provo 225-8138.

**WHY RENT WHEN** You can Buy? lots of tax advantages still available for investors. Best prices & terms in a decade are now available. Call Gordon 224-4499 or Century 21 Golden West 377-9100.

**LUX CONDO**, girls only, pvt/shrd rm, W/D, frplc, next to BYU, 375-0204, 377-0227.

**SAVE THOUSANDS** on Stratford Court Condominiums. Condo 1 block from campus. 2 bdrm, 2 bath, frplc, W/D, fully furnished. Only \$59,500 FHA financing available. Call Mike 377-3336, eves 225-8752.

**1 MONTH FREE RENT** men's condo at 820 N 900 E; micro, DW, Cbl, W/D, \$150/mo Call TPM 375-6719.

**FREE 2 WEEKS RENT!** Girls- Beautifully furn \$140/mo, AC, DW, micro, frplc, 732 N. 800 E. Call TPM 375-6719.

**GIRLS CONDO**, Close to BYU, W/D, DW, Micro, \$150/mo + utils, Call 226-6681 (hm) or 227-5801 (wk) Ask for Roger.

## 17- Unfurnished Apartments for Rent

**3 BDRM DUPLEX** \$290/mo. No smoking/pets. 98 E 1500 S Orem, 225-7131.

**NO DEP.** \$100/mo own rm, 4 bks to BYU, free cbl, lots of priv. 800 E 487 N or call 373-4123.

**TWO BDRM**, 4-plex, NE Orem, W/D hks-ups, very clean, no smoking/pets. \$225/mo. 224-9962/378-5557.

## 18- Furnished Apartments for Rent

**MONSON APARTMENTS**  
Men's vacancies Fall/W. Singl rm \$110, dble rm \$90 + lgts, inclds micro. 375-1186. 345 E 500 N

**4 & 5 GIRL APTS.** COUPLES Campus Villa Apts 182 W 960 N #G LIZ. 374-2137 4-6 pm. Pioneer Apts 80 W. 880 N #3 Melisa, 373-5914.

**GIRLS** taking appl. for W \$110 inclds utils, 2 bdrm, 4 gtl apts., laundry room, cable. Anita Apts., 41 E. 400 N. 373-0819 BYU approved.

**GIRLS** 3 openings close to campus. W/D, micro, \$105/mo. 377-6482 after 5:30pm.

**LUXURY SILVER SHADOWS** womens pvt. rm. Waterbed, W/D, DW, \$125 - \$160. Frplc, garage, patio, deck. 373-8473 Kathy.

**VICTORIA PLACE**- new condos, close to campus. 2 bdrm, 2 bath, W/D, micro, frplc, covered parking. \$160-170/person + gas & lights. Boys & girls contracts for sale. 225-7833, 224-7217.

**GIRLS VACANCIES** in lovely Apts. Close to Campus 4-girls \$97/mo; 6-girls \$85/mo utils pd BYU approved Call 225-3054, 377-5637.

**LUXURY SILVER SHADOWS** womens pvt rm, waterbed, W/D, DW, \$125-160, garage, patio, deck. 373-8473 Kathy.

**3 OPENINGS** Men, furn, W/D, \$130/mo, avail now until Aug 15. 461 E 100 N #3 & #4. Call after 5:30pm 373-8490.

**MEN/WOMEN**- lg bdrms, yr round pool, cable TV, remodeling avail. \$99/shared, \$169/pvt utils incld. 185 E 300 N Provo, 374-5533.

**MEN 3BDRM**, 2bth, Cbl TV, micro, pvt \$145 + elec, shared \$87 + elec. BYU Approved, 139 E 400 N #1 Gary 375-2861 or 375-9274.

**MEN'S APT QUIET**, free W/D, DW, micro, \$105, \$125 pvt, utils incld. 213 N 100 E, 375-3031.

**NEW CONDOS** close to campus. Men/Womens contracts for sale. 2 bdrm, 2 bath, W/D, micro, DW, frplc. \$160-170/person. 225-7833, 224-7217.

**FREE RENT!** Pvt & shared rms, Condos Close to campus. Trouble Free mgt 377-7902.

## 18- Furnished Apartments

**2 WEEKS FREE RENT.** Girls pvt bd 877 W. 2000 N. Frplc, central air, DW, incld. Call 375-6719, 10-5.

**NICE LRG BSMT APT** 341 N. 30 Provo 375-6719.

**RIVERGROVE** 2 males to share rm, furn, micro, W/D, etc. \$110/mo ea 377-1717.

**NEEDED** 1 more rm-mate to share w/ micro, DW, cable. BYU apprd. Very nice! Sp/Su & F/W 373-3454 3-6 wkdays 377-1717.

**HUGE APTS** for single students, Paid micro, DW, cable. BYU apprd. Very nice! Sp/Su & F/W 373-3454 3-6 wkdays 377-1717.

**GREAT SINGLE STUDENT APTS** Sp/Su & F/W. BYU apprd. Paid utils, micro, cable. Close to campus. Call 374-1717, 10-5 10-1 Saturdays.

## 19- Couples Housing

**APT FOR RENT** 2 bedroom, completely furnished with laundry mat. \$300 + gas & utilities. 41 E. 400 N. 373-0819. BYU approved.

**2 BDRM APT.** W/D hks-ups, ex garbage disp, AC & play area for rent. 375-7319.

**UNFURN** 2bdrm free cable \$230/mo. elec. 444 W. 200 N. Provo 373-5883.

**LRG 2 BDRM** new kitchen, DW, Wk-ly unfurn, clean, \$280-300; 374-1160; 377-6482 after 5:30pm.

**LRG 2 BDRM APT** W/D hks-ups, gas & electric, \$280 + utils 378-4545.

**COUPLES SPRING/SUMMER** only, furn apts, 1 block to campus, \$195 inclds utils. 660 N 200 E, 377-3367.

**UNFURN 2 BDRM DUPLEX** avail hks-ups, \$275/mo, 2186 N. 1060 W. 375-7667.

**2 BDRM APT** upstairs in 4-plex. AC, Avail Feb 1. 2166 S. Nevada Provo 6510 or 375-4955 for appt.

**FURN STUDIO APT** in quiet area \$100/pd. No pets. Call evenings 226-1370.

**3 BDRM CONDO** North Orem, W/D, log frplc, pool, \$450/mo. Call 226-0707.

**STUDIO APT** Covered pkg. Partly furnished, \$150/mo Call 373-7105/

**2 BDRM** new paint & linoleum, clean, W/D hks-ups, terrific ward. \$235/mo. Available immediately. Evenings 375-7226.

**2 BDRM APTS** with W/D hks-ups, pvt. Upstairs \$250 + utils. Basement \$195. For appointment call 373-7836

**FURN 2 BDRM APT** incld W/D, Piano, Frplc, rent & cable. \$225/mo + utils. Contru 15. 377-3726 eves/weekends.

## 20- Houses For Rent

**LRG 3 BDRM HOUSE**, Good Cond., Downtown Provo \$300/mo + utils 376-6666.

## 28- Sundance Cabin Rental

**LARGE, CHARMING, RUSTIC** Only 100 yds. from the river. Rent by day, wk, mo. \$150/day min. 228-8888.

**SPEND A little, make a lot with Classified ads.** Call 378-2897.

## 29- Business Opportunities

**EXCELLENT** business opportunity. Ing part owner manager. On campus. \$5000 minimum investment. 1-562-0

## NOTICE

Advertising for apartments/housing rentals appearing in The Daily Universe does not necessarily indicate that housing is University approved. Inquire at BYU Housing, 5066, to determine whether apartment is BYU approved.

## Attention Sophomores and Juniors

Apply now for Aviation Training with the NAVY AVROC Program. If you are selected, you will be guaranteed flight training upon graduation. No obligation until you accept a commission.

- Excellent Training
- Great Benefits
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- Rapid Promotions

Qualifications: Minimum 2.5 GPA. Maximum age 26 at time of commission. U.S. citizen. Physical fit. Full time student. Completed at least 60 credit hours.

Call NAVY Officer Programs for more details, Toll free 1-8



## 33- Computer & Video

**MACINTOSH**  
\$12K Upgrade-\$135; 1 Meg-\$279; 2 Meg (EXP 4 Meg) \$450; 2 Meg for Plus \$299; 800K disk-\$199; Fan-\$29. 1-544-2009.

**SAVE:** Panasonic 1080i printer \$259 w/ cable; Compatible XT \$659; Seagate 20MB hard disk \$379; Cables, Switchboxes, MAC cables 377-4491.

**ACF TURBO XT** \$599 complete. 256K 1 drive, graphics monitor. TBK diskettes 5 1/4 SSD \$8.95, 3 1/2 SSD \$13.95. Toshiba \$1100, mat top \$1395. Software: largest selection & lowest prices only at Computer Warehouse, 150 S State, Orem 225-9305.

**WHOLESALE SUPPLIERS OPENS DOORS**  
Blank disks (3M, BASF, Nashua, Sentinal) from 75c-\$1.60 per disk. Bigger discounts on boxes & cases. Other computer supplies avail at lowest rate in the valley. No minimum. 1 day delivery. **CALL TODAY** for more info 375-8934.

**MAC PRODUCTS** at discount prices. Call Percision Solutions at 467-9036 in Salt Lake for weekly specials. Coming soon IBM PC shakers. 8:530 M-F, 9-12 Sat. 1864 S. State #108 SLC.

## 35- Diamonds For Sale

**DIAMOND** beautiful pt 72 carat rnd brilliant cut. Cost \$2700 asking \$1950 firm 484-9818.

## 39- Miscellaneous for Rent

**PROVO MINI STORAGE** 375-0461 storage units, all concrete. Resident manager. All sizes 5x5-10x30. Call now to secure openings.

## 42- Musical Instruments

**PIANOS** used, returned rentals, trade ins, like new. Reduced. Wakefields, 373-1263.

**PIANOS**, for rent. Excellent for students. Call for low terms. Wakefields, 373-1263

**PIANO RENTALS** student special free del. & tuning. New & Used pianos \$25 & up Bill Harris Music 224-0466; 1655 S. State, Orem.

**MUST SELL** brand new Yamaha Clavinova CLP-50 electric piano. 375-8013.

**ROLAND PIANO HP-100** midi, 76 key, tch sensitive, w/ stand, \$600 or B.O. 224-0145.

## 43- Elec. Appliances

**NEW & USED** furniture. Used appl. guaranteed 180 days WE PAY CASH for second-hand merchandise. Dawns Furniture & Appl. 450 W. Center 374-6886.

## 47- Skis & Accessories

**SKI RENTALS**-Downhill & XC Junior/Adult \$6-10/day Ski Service, mounting, tunes, & waxing. Sportfix 577 N. State Orem 226-6411.

**SKI CLEARANCE** 40-50% off new & used equip. Jerry's Sportfix, 577 N State, Orem 226-6411.

## 54- Travel & Transportation

**DRIVING EAST?** If you are planning to drive east, pick up a National Car Rental in Salt Lake City & deliver it to any of the cities below. Pay only for the gas you use.

Milwaukee, Green Bay, La Crosse, Eau Claire, Appleton - Wisconsin. Minneapolis & Rochester Minnesota, Chicago Illinois, Fort Wayne Indiana To qualify phone-

**NATIONAL CAR RENTAL SALT LAKE CITY** AIRPORT 539-0200

## 56- Trucks & Trailers

1978 MAZDA Longbed Pickup w/ Camper Shell & Seat inserts for truckbed 375-3656.

## 57- New Cars & Jeeps

87 SUZUKI MINI JEEPS, '87 models at '86 prices. Daryl 1-521-7474, 1-261-1935.

## 58- Used Cars

1979 DATSUN 200SX. Excellent condition. Loaded \$2195. 375-6303.

## First-class fight over restroom

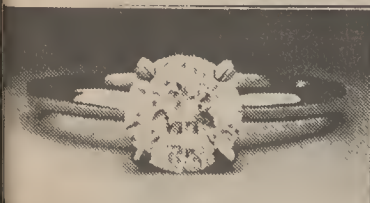
SAN FRANCISCO (AP) — A federal judge Thursday threw out a countersuit filed by a man found to have harassed a coach passenger trying to use the first-class bathroom on a jetliner, leaving him and his lawyers with no wins in three lawsuits over the incident and \$12,980 poorer.

Wellington Stephens, of New York, a first-class passenger on a TWA flight from New York to San Francisco in April 1985, got upset when he saw Sue Vaccaro of Emeryville, Calif., a coach passenger, approaching the same bathroom he was heading toward.

Ms. Vaccaro, who had been directed to first class by a flight attendant because the aisles in coach were blocked by food carts, said Stephens shouted at her, using racial slurs, and shoved her away from the bathroom before entering.

## Quality

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DIAMOND COMPANY

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**377-2660**  
Mon.-Fri. 10:00-6:00 p.m.

# Students snack frequently

By **KIMBERLY HAWES**  
Universe Staff Writer

Approximately one out of three BYU students will buy a snack from a vending machine at least three times this week, most likely with a guilty conscience, according to a 1983 study conducted at BYU.

However, guilty feelings about snacking may not be necessary. Eating between meals can be healthy for you, especially as an active young adult.

"A small snack during the day is fine as long as the snack and the meals are balanced, healthy and moderate," said Dr. Jeffrey L. Anderson, president of the Utah Affiliate of the American Heart Association.

For snacks to provide value to the diet, they should be loaded with nutrients while being low in fat, cholesterol, sodium and calories. Unfortunately, in a college setting, students

do not usually follow these healthy guidelines.

"I usually snack on ice cream or anything that's chocolate," said Nancy Kump, a sophomore majoring in political science.

Many people have a difficult time escaping the vending machine snacking cycle while at work or school. "We've had demands for more junk food than health food in the vending machines," said Gene Swan, director of vending at BYU.

To decrease this temptation, nutrition experts recommend that students take low-calorie, healthy snacks with them to school.

The American Heart Association is primarily concerned with overindulgence of snacks, and with the high amounts of cholesterol most snacks contain, according to Anderson.

"Overeating can add to a person's chances of gaining unnecessary weight. Excess weight may lead to

high blood pressure, a controllable risk factor of heart and blood vessel disease," said Anderson.

The American Heart Association is urging snackers to select snacks made of familiar, wholesome foods with minimal processing. Students should read labels when shopping, and if the protein and carbohydrate numbers are higher than the fat count, it is a better bet than a high-fat snack, according to the AHA.

"Snacking in general cannot be labeled good or bad. It depends on what the students eat the rest of the day and what their snacks consist of," said Lora Beth Brown, assistant professor in the food science and nutrition department at BYU.

For example, someone who needs additional calories may choose a candy bar without concern if his or her nutrient requirements are met with other foods during the day, said Brown.

## Statman parks in A lot to analyze faculty woe



Once again the dabbling duo go to the mailbox to find their quest for the week. "Hey, Statman, the mailman was kind today, we got several letters. This one is from a staff member who seems to be a bit unsatisfied with the system. Here, read this."

"Dear Statman and Robot,

A few years ago, the Traffic Office instituted the 'transferable permit' system to make it easier for officers to tell when someone parks two cars in restricted lots at the same time. It is my firm belief that most people who pay the fine for 'no transferable permit' are not guilty of parking a second car illegally but are only guilty of forgetting to put the permit in the car. Can you find out how many people have paid such a fine, and how many actually had two cars parked at the same time? It would be interesting to know how many individuals were ticketed 2 or 3 or 4 times. I think this law discriminates against people who have IMPORTANT things on their minds when they leave for work, and against men who take their wife's car to work when it needs gas or needs work done on it. Sincerely ..."

"Holy protestation, Statman, this guy seems a tad piqued. I think we had better do this one or someone might get injured."

"Well, Robot, we have our work cut out for us this time. This is probably the biggest study we will have done so far except for maybe the first one. Let's retire to the Statecave and poll some faculty-staff type folk."

After about a day or so Statman and Robot have polled 101 randomly selected faculty and staff members. Then Robot starts the long process of analyzing the data for statistical significance.

"Holy detestation, Statman, this staffer has a good reason for being unhappy with the current state of affairs. When comparing those with transferable permits and those with permanent permits, the latter receive significantly more tickets than those with the permanent permits. For every ticket issued to someone forgetting to get a temporary day pass, there are six tickets issued to someone who forgot to transfer a permit. With this information, it would seem that it pays to choose one car and drive it to work consistently."

"Yes, Robot, but referring to a pamphlet issued by University Police called BYU Digest of Traffic and Parking Regulations, I find that the fine for forgetting to get a day pass (No Current BYU Permit) carries a \$10.00 fine, while forgetting to transfer a permit (No Transferable Permit) only carries a \$2.00 penalty. It seems that in both cases, the true offense was forgetfulness."

"Robot, I have calculated the results of the inquiry of the number of tickets received. The average amount of tickets received was 1.78, however the median and mode (the most often occurring number) were both 1. The maximum was 7 and the minimum was 1. Robot, have you finished compiling the report on how many people actually had more than one car parked on campus at the time of citation?"

"Yes. It seems that 92 percent of those who received parking tickets never had a second car parked. Eight percent however did say that they had parked two cars on campus and received a ticket."

"Boy, Robot, this seems to be a clear cut violation of the Vulcan axiom 'The needs of the many outweigh the

needs of the few or the one.' The many are being punished for the 8 percent who are inconsiderate."

"Sixty-nine percent of the faculty and staff are in favor of some kind of a fine, however, of that 69 percent, 66 percent were in favor of a reduced fine. Thirty-one percent of the faculty and staff were in favor of having no fine if they just forgot."

"Maybe fines for both kinds of permits should be evened out and when a faculty or staff member appeals and says, 'I forgot' the court should believe the person based on the honor code."

If YOU need to get in touch with the dabbling duo, if YOU have an unanswered statistical question, write to Statman box 62 TMCB.

## "J.J.'s" Barber Shop

Continental Plaza  
250 West Center  
Provo

**All Haircuts \$3**

**This month only!**

*Just the BEST service for the LOWEST prices EVERY DAY!*

**Men, Women, Children**

Call or walk in.

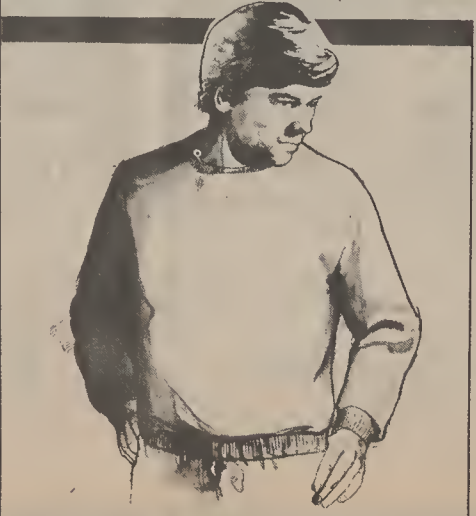
**377-8300**

Hours: 9 to 9

## Russell Athletic Sweats

	reg.	SALE PRICE
Crew	\$13 <sup>50</sup>	\$9 <sup>95</sup>
Hooded	\$16 <sup>50</sup>	\$9 <sup>95</sup>
Pant	\$13 <sup>50</sup>	\$9 <sup>95</sup>

sale expires Feb. 28, 1987



Come get your hands on the best sweats Russell Athletics ever built — deluxe, premium-weight sweatshirts and pants. With their thicker, softer fleece fabric, top quality construction, and roomy, made-for-action cut, Russell Athletic sweats are the new American standard in active and performance wear. Come choose your deluxe Russell Athletic sweats in a wide range of athletic colors and in sizes S to XL.

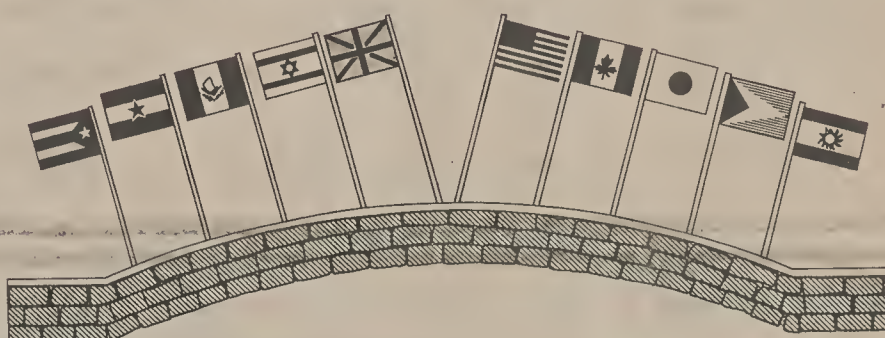
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## INTERNATIONAL WEEK 1987 FEBRUARY 2 - 7

**BUILDING BRIDGES OF UNDERSTANDING**

**CULTURE BOOTHS: February 2-6, 1987**

- 50+ nations of the world  
Garden Court, ELWC  
Schedule: Monday-Thursday 8:00 a.m.-5:00 p.m.  
Friday 8:00 a.m.-12:00 noon  
Tuesday night 8:00 p.m.-10:00 p.m.

**INTERNATIONAL FIRESIDE: Tues. Feb., 3**

Elder & Sister Komatsu  
Church of Jesus Christ of Latter-day Saints  
7:00 p.m.  
ELWC East Ballroom

**INTERNATIONAL FIESTA: Fri. Feb., 6**

Dinner & Fashion Show by India  
7:00 p.m.  
Garden Court, ELWC  
Tickets: \$5.00 per person

**INTERNATIONAL EXTRAVAGANZA: Sat. Feb., 7**

Traditional dance and music around the world  
7:00 p.m.  
ELWC Ballroom  
Free Admission

**INTERNATIONAL DANCE: Sat. Feb., 7**

Brazilian Carnival  
8:30 p.m.  
ELWC Garden Court  
Admission: \$2.00 each

**FOR MORE INFORMATION**

CALL:  
AMOS B.CHIN  
INTERNATIONAL WEEK COMMITTEE  
(801) 378-4003 : OFFICE  
(801) 375-4056 : Home  
Tickets sold at  
I.S.A. Booth GARDEN COURT

**VALENTINE IDEAL GIFT!**  
(for couples, lovers & relatives)

**SALE \$10/set**  
(offer expires 2/7/87)  
(original price \$19)  
Labelle's price \$13.97)

**SWEETHEART PENDANTS SET (44KT Gold Electroplated)**

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## Osteoporosis begins before outward signs

By COLLEEN AMES  
Universe Staff Writer

Many people believe osteoporosis is a condition only old people get but the deterioration actually begins at an early age.

While the outward appearances of osteoporosis—rounded shoulders and a shrinking frame—are usually not seen until later in a person's life, the deterioration starts early.

Osteoporosis, which means "porous bone," results from a gradual loss of bone substance. Some loss is natural through the aging process, but some people experience significant deterioration.

When this happens, bones weaken and break easily. A survey of medical clinics conducted by the American Academy of Orthopedic Surgeons, estimated that of those individuals who reach the age of 85, 17 percent of men and 32 percent of women will fracture a hip weakened by osteoporosis.

Osteoporosis affects 15 to 20 million Americans. Nearly \$4 billion is spent annually on medical expenses for this condition.

Osteoporosis poses a serious health threat to the United States, not only for those already affected, but also for individuals whose lifestyles, diet and heredity make them more susceptible.

Some wonder if osteoporosis is a fad or the "in" medical problem. "There's no doubt that there are people out there to make money off of popular health problems," said Vernita Nuttall, R.N. and education director at American Fork Hospital. "But osteoporosis is not just a fad. It's been there for a long time — we're just more aware of it now."

"Osteoporosis has no real proven medical cure," says Dr. Harvey Hatch, radiologist at American Fork Hospital. "Right now there are no drugs to prescribe as treatment, only preventive measures. The critical part of this disease is people understanding what osteoporosis is, what it can do and how susceptible they are."

Some people are definitely higher risks to developing osteoporosis. The key risk factor appears to be being a woman.

Two reasons explain why women are eight times more likely to develop osteoporosis.

The first deals with calcium, an essential nutrient for maintenance of bone hardness. Calcium is stored in the bones for use during "emergencies." When more calcium is needed, such as during pregnancy and breastfeeding, the storehouses in the bone are drawn upon.

The second reason women are at a higher risk to develop osteoporosis involves the female hormone estrogen. Maintenance of bone mass is directly related to production of estrogen. Following menopause, a much smaller amount of this sex hormone is

produced and bones become softer and more susceptible to osteoporosis.

Other risk factors include poor diet, lack of exercise, Caucasian or Oriental background, fair complexion, petite body build, family history, smoking and alcoholism.

Osteoporosis can be detected in a number of ways. A physical exam can detect spinal deformities such as scoliosis (spine curvature) and kyphosis (round back). These conditions indicate the need for further tests.

X-rays are also useful in showing bone loss, although this is only useful when deterioration of 25-40 percent has occurred.

Computed tomography is a more sophisticated and relatively new X-ray procedure that detects as little as two percent decay.

American Fork Hospital has recently installed the system that is used on the CT scan to perform computed tomography. X-rays of the vertebrae are taken to determine if there has been deterioration, and if there has, to what extent it has occurred.

It is best to have the first screening between the ages of 25 and 30. "Women's peak bone density is between ages 25-30," said Dr. Hatch. "After 40, women are more likely to have drastic changes in their bone density."

A screening procedure, called a baseline study, gives the doctor a bone density reading.

"A baseline will provide us with a measurement stick for future reference," Hatch said. "We can compare future tests and determine exactly how fast bone mass is deteriorating."

Once this occurs, treatment can begin. This usually involves diet and exercise changes. In some cases, treatment can prevent further bone loss and sometimes even replace lost bone mass.

For women, treatment may consist of estrogen for three to six years following menopause. Calcium supplements are also used for treatment of osteoporosis. These supplements are sold in health food and drug stores.

To properly absorb calcium, vitamin D is necessary. Sunshine is a good source and vitamin D is also added to milk. About 400 mg are recommended daily. "Any vitamin therapy should be supervised under the direction of a physician," said Dr. Tom Marshall, director of radiology at American Fork Hospital.

Weight-bearing exercises, such as walking, help maintain and increase bone mass. Bones, like muscles, need to be used to stay strong.

It is hoped the increasing awareness of osteoporosis will help future generations. "As osteoporosis fast becomes a household word, prevention measures will hopefully become just as common," said Marshall. "Osteoporosis should be a lifelong process and not just a last-minute afterthought."

## Student finds time for honors

One often wonders, "Just what is the purpose of the Honors Program?"

Even as a five-year veteran of the program and employee of the Honors office, my ability to answer the question may not have significantly improved since coming to BYU. Of course, there is the answer I give to new freshmen. "The Honors Program is an 'enriched' approach to fulfilling the General Education requirements." Yet, this is only a small part of a larger answer. On a more personal level, what purpose does Honors serve for me, an engineering student, whose GE requirements are partially waived and who, in four years, barely has a free credit hour to take a humanities course?

Engineering students are not alone in the demands placed upon them by their major, so maybe the answer might apply to some others, as well. Admittedly, the Honors Program is not the sole fountainhead of enriching experience at BYU.

### Eating disorders involve problems not related to food consumption

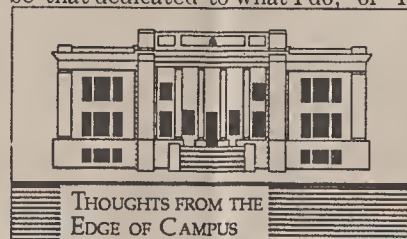
Eating disorders such as anorexia and bulimia are related to food, but are not a food problem according to Della Mae Rasmussen, a BYU clinical psychologist.

"Eating disorders have so many other issues involved that food is minor compared to the other things," she said at a lecture Thursday.

Rasmussen, who works with students who have anorexia and bulimia, said approximately one out of every four or five girls at BYU have an eating disorder, which is consistent with the national average. They have a distorted perception of their body and a preoccupation with food, she said.

"It's almost like they get into a state of dissociation from what is real...There are literally cognitive distortions and the girls don't realize that they are not thinking rationally,"

But I have found courses in the Honors Program have lifted my sights and increased my expectations, not only of myself, but of my college education. I have met professors whose attitude toward their discipline has changed my life. "I want to be 'that dedicated' to what I do," or "I



want to enjoy my work' that much." Some experiences have meant increased accessibility. By this I mean exposure to something new has removed the fear of ignorance and led to an interest in a different area, such as classical music, world politics, and Moslem sects. I have accessibility to a

new subject because it is no longer completely unknown. Social opportunities, a favorite topic among students, are not all stuffy or "high brow," nor are they only the result of Honors Program events.

I believe that many of the social experiences I have had as the result of an acquaintance made through participation in Honors have formed the basis of my social expectations after I leave BYU. For me, this has included political discussions, frequent attendance at plays, and the formation of a formal discussion group. These social experiences led to the genesis of such projects as INSIGHT, Student Review, and Response, to name a few.

Something else participation in Honors has done for me is to provide a more holistic view of my education. Though it is a struggle to squeeze in the extra arts and letters class or go to the science lecture, I have found that the resulting breadth of experience has, in a very pragmatic way,

increased my marketability what some would have us we're here for anyway) and in my ability to solve problem own discipline.

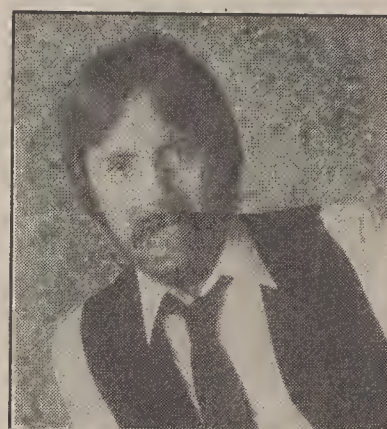
I think this breadth leads to an open view of different ideas, informed basis from which decisions, and an increased ability to express oneself clearly. Beside exposure to creativity by anyone. The argument over education versus professional will continue to rage, despite I have proposed. Yet, after five years at BYU has taught that the people I admire, the my discipline after whom I myself, are not narrowly educated are at the same concerts, pl lectures that I attend. Some order to get the most out of y per semester, you have to dig The Honors Program is one finding the best BYU has to o

### "Managing Cultural Change"

by Bob Beck,  
**Executive Vice President**  
**Bank of America**  
**February 4, Noon**  
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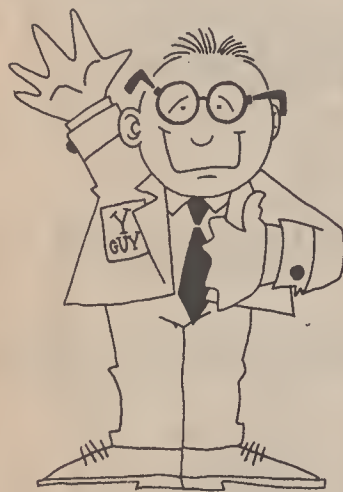
A specially designed class has been developed to aid students in preparing for the Graduate Management Admissions Test (GMAT). The class meets 10 times for two hours each. The twenty instructional hours are divided equally among four topics: 1) math, 2) reading comprehension, 3) analysis of practical business situations, and 4) writing. A practice exam will be given on Saturday, March 14 from 8-11:30 a.m. in 270 SWKT. The orientation meeting and first class session will be held Monday, February 2 at 3 p.m. in room 234 MARB.

**Dates:** February 2 - March 9, 1987  
3:00-5:00 p.m. Mondays and  
Wednesdays  
8-11:30 a.m. Saturday, March 14

**Place:** 234 MARB  
**Fee:** \$60 with text  
\$50 without text

**Note:** No refunds will be given after the class begins.

**Further information** can be obtained from Conferences and Workshops, 154 HCEB, 378-6757.



## "Y" Guy Calendar

It had been a whirlwind weekend. First, it was the date: she washed her hair while he did her report. And then, he watched her apartment while she went to Malibu with a "friend." Followed by the date with him washing her dishes while she talked on the phone for three hours — And now this. "Remember Kitty likes to be perfumed after her bath." Said the blonde with the big blue eyes as she tucked the last strand of blond hair into place. The "Y" Guy caressed the soft fur of Kittykat as he watched the girl of his dreams prepare herself to visit a "sick friend." She looked good in her white dress and her bouncy blonde curls tied up in a ribbon. As she left out the door she gave the "Y" Guy a peck on the cheek. From behind the closed door the sound of the "Y" Guy hitting the floor could be heard.

"The first kiss!" Gaspd the "Y" Guy. "It was exhilarating, emotional, and heart-rendering!" As he sat flabberghasted by the turn of events another thought came to mind, "Are things getting too serious?"

**"SAK YAK"** — February 4, 12-1 p.m., 375 ELWC

Have you ever wondered how teachers feel about their students? Or have you ever wondered how you could talk to a teacher on a more personal basis? Well, here's your chance. Look for the banners and flyers which will list the names of the teachers who will be attending this event. All students welcome.

**STUDENT SPEAKER LECTURE SERIES** — February 5, 11-12 a.m., 321 ELWC

BYU is one of the most diverse universities in the nation. Our students come from all walks of life — come and experience their lives. Jason Buck will be the featured speaker.

**INTERNATIONAL FIRESIDE** — February 3, 7 p.m., ELWC East Ballroom

February 2<sup>nd</sup> through the 7<sup>th</sup> is International Week and the fireside just one of the activities which will celebrate the event. Join Elder Sister Komatsu at the fireside Tuesday as they discuss their unique experiences.

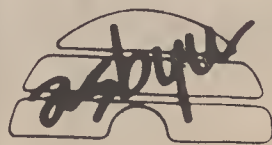
**SCIENCE FICTION/FANTASY SYMPOSIUM** — February 4-7 World famous science fiction and fantasy authors Orson Scott Card, Stephen R. Donaldson, and Jack Williamson will be participating in panels, addresses, presentations, and more. Main addresses will be from 11-12 Thursday, Friday, and Saturday. For more information call Ext. 4455 or look for the information table in the ELWC Step-down Lounge February 2-7.

**FILM SOCIETY** — February 6 and 7, 7 & 9:30 p.m., 214 & 250 CB \$1/W/ID \$1.50 W/O.

**"I CONFESS"** — Starring Montgomery Clift, Anne Baxter and Karl Malden. A Catholic priest finds himself faced with an unsolvable dilemma. He hears a man confess to a murder. If he goes to the police he breaks the seal of the confessional. If he keeps silent, the murderer may kill again. This is a "Crescendo of breath-catching suspense" directed by Alfred Hitchcock.

**"NEVADA"** — Starring Steve McQueen, Karl Malden, and Brian Keith. Nevada Smith is a rugged, innocent boy born to an Indian mother and a white father. When he finds his parents have been murdered by vicious killers, he sets out to track them down.

**GUEST SPEAKER** — Bob Beck, Executive Vice President of Bank of America will speak on "Managing Cultural Change." His lecture will take place in 710 TNRB, Wednesday, February 4<sup>th</sup>.



For More Information  
Call The "Y" Guy  
Hot Line: 378-DATE

"Winning with You"